

# Chicken Fried Rice

*This recipe makes about 8 cups*



## Ingredients

**4 cups** cooked brown rice  
**1 lb** chicken breast or shredded chicken  
**2 tbsp** sesame oil or vegetable broth  
**¾ cups** peas  
**¾ cups** carrots  
**¼ cup** chopped onions  
**3** cloves diced garlic  
**3** eggs beaten  
**3 tbsp** soy sauce

## Directions:

1. Peel the carrots and cut them into bite-sized pieces. Dice the onion
2. Cut the chicken into small chunks or shred and chop if using a whole chicken.
3. Heat 1 tbsp sesame oil (or broth) in a large pan or wok or large frying pan over medium heat.
4. Add the diced chicken and cook until fully browned and cooked through.
5. Remove the chicken from the pan and set aside
6. Add the remaining 1 tbsp sesame oil to the pan and stir in the peas, carrots, and onions, cooking for about 2 minutes until slightly softened
7. Stir in the minced garlic and cook for 1 more minute until fragrant
8. Push the vegetables to one side of the pan and pour in the beaten eggs on the empty side
9. Scramble the eggs until fully cooked, then mix them with the vegetables.
10. Return the cooked chicken to the pan and stir to combine
11. Add the cooked brown rice and mix well
12. Pour in the soy sauce and stir until everything is evenly coated
13. Cook for another 2-3 minutes, stirring occasionally, until heated through
14. Add parchment paper to your trays
15. Spread the chicken fried rice evenly onto your trays
16. Add dividers if using. We like the 10-portion setting
17. Pre Freeze when possible
18. Freeze dry (my cycle time was 42.5 hours)
19. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried fried rice to a bowl, jar, or mylar bag. Add about ¾ cup of boiling water. Cover and let it sit for 5 minutes. Repeat for 5 more minutes.

## Nutritional Value Per 2 divider portions or about 1 ½ cups of chicken fried rice

Calories 424 Protein 35 g Fat 13 g Carbohydrates 32 g Fiber 4 g Sugar 8 g